

Title (en)  
PHYSICAL CONDITIONING APPARATUS

Title (de)  
APPARAT ZUM PHYSISCHEN KONDITIONSTRaining

Title (fr)  
APPAREIL DE CULTURE PHYSIQUE

Publication  
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Application  
**EP 99904437 A 19990129**

Priority  
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Abstract (en)  
[origin: WO9938575A1] An apparatus for strength and aerobic conditioning is disclosed. It comprises a frame (12, 14, 16) with an upstanding support (18) from which a support arm (20) projects. A rotatable hub (22) is mounted on the support arm, and a suspension rod (26) with a resistance mass (28) at one end depends vertically from the hub (22). The suspension rod (26) is slidable through the hub (22), and may be set in different positions closer to or farther from the hub (23). A crank (30) with a handle (36), and adjustable length offset arm (34) are engaged with the hub (22) through the end of the support arm (20). A stand platform for secure footing may be used across the base of the frame, or alternatively, a treadmill/workout bench (50) when folded may be used under foot. The treadmill/workout bench (50) has a rectangular frame with side rails, cross braces, forward, rearward and interior rollers; and one or two endless, circulating belts. A leg assembly permits the treadmill/workout bench to be elevated which includes a leg assembly of primary leg members, foot members, cross braces, and folding side struts.

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